

What is claimed is:

1. A cleat comprising:  
a leg;  
a pair of projections extending from the leg; and  
at least one of a full hand grip aperture formed in the leg and means for adjustably mounting the cleat on a support.
2. The cleat of claim 1 wherein the mounting means comprises:  
the full handgrip aperture formed in the leg disclosed adjacent to a horn portion, with projections extending from the horn portion.
3. The cleat of claim 2 wherein:  
the horn portion has a generally convex outer surface.
4. The cleat of claim 3 wherein the mounting means comprises:  
a strap coupled to the cleat; and  
clasp means attached to the strap to enable the strap to be tightened about a support.
5. The cleat of claim 4 wherein the mounting means further comprises:  
an aperture formed in the leg for receiving the strap.
6. The cleat of claim 1 wherein:  
outer side edges of the leg have an arcuate shape.
7. The cleat of claim 1 wherein:  
the aperture in the leg has a surface with the length to receive four fingers of a human hand.
8. The cleat of claim 1 wherein the mounting means comprises:

a strap coupled to the cleat; and  
clasp means attached to the strap to enable the strap to be tightened  
about a support.

9. The cleat of claim 8 wherein the mounting means comprises:  
a strap coupled to the cleat; and  
clasp means attached to the strap to enable the strap to be tightened  
about a support.

10. The cleat of claim 1 further comprising:  
a base, the leg extending from the base.

11. The cleat of claim 10 wherein:  
an aperture is formed in one of the leg and the base for receiving a strap.

12. The cleat of claim 10 wherein:  
the base and the leg are monolithic.

13. A cleat comprising:  
a leg;  
a pair of projections extending from the leg; and  
hand grip means formed on the cleat for forming a hand grip surface  
capable of receiving a full human hand.

14. The cleat of claim 13 wherein the handgrip means  
comprises:  
an aperture formed in the leg.

15. The cleat of claim 14 further comprising:  
an outer surface of the leg having a substantially convex surface shape.

16. The cleat of claim 13 further comprising:  
a pair of projections extending from the leg.

17. The cleat of claim 13 further comprising:  
side edges of the leg having an arcuate shape.

18. The cleat of claim 13 further comprising:  
a strap attachable to the cleat; and  
clamp means, carried on the strap, for tightly wrapping the strap about a  
support.

19. Th cleat of claim 13 further comprising:  
a base, the leg extending from the base.

20. The cleat of claim 19 wherein:  
the base and the leg are monolithic.